

Quick Gyoza Stir Fry - 1888

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.45 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	107.1 ea		4 lb 11.00 oz	0%	4 lb 11.00 oz Hungry Planet Gyoza™	Heat a medium skillet on medium-high heat and add Hungry Planet Pork Gyoza, flat side down. Allow gyoza to sear for 2 minutes. ?Add just enough water to cover the pan bottom, and cover to steam for 4 minutes. Uncover when cooked through, and internal temperature reaches 165 degrees. Remove from pan and keep warm. Heat the same skillet on medium-high heat. Add 2 Tablespoons, once hot, add vegetable medley and cook for 3 minutes. After 3 minutes, add Just Egg, rice, vegetables, tamari, and sesame oil. Toss and cook until Eggs are cooked through and vegetables are hot. Remove from heat and top with Hungry Planet Gyoza, green onions, and enjoy.
	12 1/2 tbsp		0 lb 6.01 oz	0%	0 lb 6.01 oz Vegetable oil	

2 STIR FRY

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
	12 1/2 tbsp		0 lb 6.01 oz	0%	0 lb 6.01 oz Vegetable oil	
	~ 1 1/8 qt		1 lb 4.67 oz	0%	1 lb 4.67 oz Vegan egg, Just brand	
	3 1/8 qt		4 lb 5.67 oz	0%	4 lb 5.67 oz Rice, white, long-grain, regular, enriched, cooked	
	1.339 gal		4 lb 11.00 oz	0%	4 lb 11.00 oz Vegetable, stir fry blend	
	6 1/4 tbsp		0 lb 3.97 oz	0%	0 lb 3.97 oz Soy sauce made from soy (tamari)	
	6 1/4 tsp		0 lb 1.00 oz	0%	0 lb 1.00 oz Oil, sesame	
	~ 1 1/2 cup		0 lb 3.91 oz	0%	0 lb 3.91 oz Green onions, tops only, chopped	

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 5.23 oz	0 %	16 lb 5.23 oz	0 %	16 lb 5.23 oz
Size of portion	10.45 oz		10.45 oz		10.45 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RI	Minerals	RI	Vitamins
Total fat	6.80 g	9 %	41.91 %	7 %	143.47 kcal	0.60 g	
Saturated	0.94 g	5 %	5.79 %			0.60 %	Vitamin A 78.23 µg
Monounsaturated	3.82 g		23.54 %	600.27 kJ	Sodium 241.20 mg		Vitamin D 0.18 µg
Polyunsaturated	1.77 g		10.91 %	0.60 MJ	Phosphorus 72.91 mg		Thiamine 0.19 mg
Trans	0.02 g		0.11 %		Potassium 174.19 mg		Riboflavin 0.10 mg
Cholesterol	4.88 mg				Iron 1.01 mg		Niacin 1.47 mg
Linolenic acid	1.29 g				Calcium 24.74 mg		Vitamin B6 0.14 mg
Alpha-linolenic acid	420.56 mg				Zinc 0.83 mg		Vitamin B12 0.10 µg
Total Carbohydrate	15.52 g	6 %	43.96 %		Magnesium 18.15 mg		Folate 14.67 µg
Sugars total	1.05 g	2 %			Iodine 0.00 µg		Vitamin C 5.61 mg
Added sugar	0.00 g		0.00 %		Selenium 10.48 µg		Vitamin E 1.02 mg
Sugar	0.00 g				Copper 0.06 mg		Vitamin K 21.48 µg
Lactose	0.00 g						
Fiber	1.70 g		2.26 %				
Organic acids	0.00 g		0.00 %				
Sugar alcohol	0.00 g		0.00 %				
Starch	0.00 g		0.00 %				
Protein	5.02 g	10 %	14.21 %				
Alcohol	0.00 g		0.00 %				
							Others
							Water 71.45 g

CO2



0.01 kg

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.